

Subject: Different faces of mental health problems (theme: IDENTITIES)

AIMS:

- to practise listening & reading comprehension linked to the aspect of 'mental health'
- to develop vocabulary
- to expand knowledge of 'mental health'

TASK I → Watch the following short videos & complete the table:

VIDEO 1) 10 Common Warning Signs of a Mental Health Condition in Teens and Young Adults

https://www.youtube.com/watch?v=zt4sOjWwV3M&feature=emb_logo

VIDEO 2) The physical effects of anxiety | Alex's Mental Health Story | Mind

https://www.youtube.com/watch?v=oPmKH00kIpA&feature=emb_logo

VIDEO 3) Living with a black dog

https://www.youtube.com/watch?v=2VRRx7Mtep8&feature=emb_logo

Points worth considering	VIDEO 1	VIDEO 2	VIDEO 3
What does each video shed light on? What is the main focus of each video (what aspects linked to 'mental health' are illustrated in each video?)			
What have you learnt? What do you think each video is aimed at? (what is its aim/intention?)			
What piece(s) of information have you found thought-provoking or enlightening?			

TASK II → Reading comprehension: true (T) or false (F)? (based on the text below)

- Britain's health service said half of British people are mentally ill.
- Most people in Britain have had an undiagnosed mental illness.
- A mental health expert said people needed to wake up.

T / F
T / F
T / F

- | | | |
|----|---|-------|
| d. | Effective mental health treatment saves people's lives. | T / F |
| e. | Researchers surveyed 5,000 in a survey on mental health. | T / F |
| f. | The most common mental health problem in Britain is depression. | T / F |
| g. | Men in Britain suffer more mental health problems than women. | T / F |
| h. | A charity worker said mental health issues are often ignored. | T / F |

TASK III → SYNONYM MATCH: Match the following synonyms from the article.

- | | | | |
|-----|------------|----|-------------|
| 1. | reveals | a. | period |
| 2. | stage | b. | care |
| 3. | form | c. | illness |
| 4. | available | d. | shows |
| 5. | treatment | e. | disregarded |
| 6. | questioned | f. | kind |
| 7. | common | g. | lamented |
| 8. | condition | h. | asked |
| 9. | bemoaned | i. | accessible |
| 10. | ignored | j. | prevalent |

TASK IV → PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | | | |
|-----|-----------------------------------|----|------------------------|
| 1. | some form | a. | common form |
| 2. | seen a doctor for | b. | done for people |
| 3. | more needed to be | c. | for people who need it |
| 4. | support is available | d. | aged women |
| 5. | effective mental health treatment | e. | charity |
| 6. | Researchers questioned | f. | of mental illness |
| 7. | depression was the most | g. | in their life |
| 8. | 40 per cent of middle- | h. | 5,000 adults |
| 9. | at some point | i. | saves lives |
| 10. | mental health | j. | diagnosis |

TASK V → GAP FILL

Britain's National Health Service (NHS) suggests that (1) _____ to half of adults have suffered from some (2) _____ of mental illness at some stage in their life. Data from the Health Survey for England reveals that 25 per cent of all adults have been (3) _____ with a mental health problem, while a further 18 per cent believe they have (4) _____ from one but have not seen a doctor for diagnosis. Mental health expert Andy Bell said more needed to be (5) _____ for people to get the help they need. Mr Bell said: "[These] (6) _____ are another wake-up call for the

*done
suffered
form
available
up*

NHS to ensure that mental health support is (7) _____ for people who need it when they need it. Timely access to effective mental health treatment (8) _____ lives."

saves
diagnosed
figures

Researchers questioned 5,000 adults about their (9) _____. They found that 26 per cent of people said they had received a mental health illness (10) _____. According to the survey, depression was the most (11) _____ form of mental illness, with 19 per cent of people saying they had suffered from the (12) _____. Women are more (13) _____ to suffer from mental health problems than men. Over 40 per cent of middle-aged women have been diagnosed with an illness at some (14) _____ in their life. A spokeswoman from the mental health charity Sane bemoaned the survey's (15) _____. She said: "These are shocking figures...because the scale of mental illness is already known but too often (16) _____."

diagnosis
likely
experiences
findings
condition
ignored
common
point

Source: <https://breakingnewsenglish.com>

TASK VI→ Vocabulary practice

stressfully	distressed	under a lot of stress	stress-free	stressing over
stress	stresses	stressful	stressing out	stressed

- After his promotion, Jack was _____. His new role carried a lot of extra responsibility.
- Losing a job can be very _____.
- Reading a book or watching TV is considered to be a _____ activity.
- The little boy suddenly became _____ when he realized he was lost in the crowd.
- Myley was _____ herself _____ working 12 hours a day.
- I wish you would stop _____ the little things in life.
- Exercising can help to relieve some of the _____ of our daily lives.
- The teacher _____ that the homework needed to be completed by Monday.
- _____ can be harmful to your health.
- The woman _____ waited for her medical results.

Source: <https://www.onestopenglish.com>